Community Oral Health Workers
Caries Management by Risk Assessment (CAMBRA) Checklist

RISK FACTORS

1. **Mother/caregiver has active dental decay**
    - *How to ask question*: Have you been to the dentist in the last 6 months? If so, do you have active dental decay?
    - *Explain:* Caries are contagious and can be passed from parents to their children. This is because cavities are caused by bacteria that can be transmitted through saliva.
2. **Bottle with fluid other than water, plain milk and/or formula**
    - *How to ask question:* Does your child drink anything other than water, milk, or formula in their bottle?
    - *Explain:* It's important to avoid putting fluids other than water/milk in bottle such as juice because the high sugar content in juice can easily lead to tooth decay, especially in young infants with developing teeth, as the sugar lingers on their teeth for extended periods when they drink from a bottle throughout the day, increasing the risk of cavities
3. **Continual bottle use**
    - *How to ask question*: How many times a day does your child drink milk out of the bottle?
    - *Explain:* Continued bottle use can introduce risks to your child's oral health, including baby bottle tooth decay.
4. **Child sleeps with a bottle, or nurses on demand**
    - *How to ask question:* Does your child sleep with a bottle? Does your child nurse on demand? If so, how many times a day
    - *Explain:* Sleeping with bottle or nursing on demand can increase the risk of dental caries. If possible, wipe teeth down after every feeding especially at night
5. **Frequent (> 3 times/day) between-meal snacks of sugar/cooked starch/sugared beverages**
    - *How to ask question:* How many snacks a day does your child eat between breakfast, lunch, and dinner? What types of snacks? (Provide examples: fruits, crackers, candy, etc.)
    - *Explain:* Frequent snacking throughout the day causes dental caries. When you eat, bacteria in the mouth turns into acid which quickly drops pH level making it more acidic. Saliva eventually neutralizes and brings the pH back to normal. Make sure to limit the number of snacks to no more than 3 snacks a day, this will allow the teeth to have time to recover.
6. **Saliva-Reducing factors are present, including <u>medications</u> (asthma or hyperactivity) <u>medical</u> or <u>genetic factors</u>**
    - *How to ask question:* Does your child have any genetic factors or take any medications that could reduce saliva production? Such as, asthma or hyperactivity

- *Explain:* If your child might be taking any medications, like inhalers for asthma or medication for hyperactivity, that could reduce saliva production. Saliva plays an important role in protecting teeth from cavities, so some medications or genetic factors might increase the risk of dental issues

Protective Factors

1. **Child lives in a fluoridated community. (note zip code)**
    - *How to ask question:* What is your zip code? (check if patient lives in a fluoridated community)
    - *Explain:* Fluoride is a naturally occurring mineral that helps prevent tooth decay. When added to community water supplies, it strengthens the enamel of teeth, making them more resistant to cavities. By ensuring everyone has access to fluoridated water, communities can improve oral health and prevent costly dental treatments.
2. **Takes fluoride supplements**
    - *How to ask question:* Has your child been prescribed fluoride supplements by their dentist?
    - *Explain:* Dentists typically recommend fluoride supplements for children who are at risk for cavities and are younger than 6, as their teeth are still developing
3. **Child drinks fluoridated water (e.g., tap water)**
    - *How to ask question:* Are you and your child drinking tap water?
    - *Explain:* Drinking tap water regularly helps strengthen tooth enamel and helps prevent cavities. If you don't feel safe drinking tap water or don't like the taste you can use a Brita Filter. A Brita filter helps remove contaminants from tap water. This can improve the taste of the water and make it safer for consumption.
4. **Teeth brushed with fluoride toothpaste (pea size) at least 2x daily**
    - *How to ask question:* How often are you brushing your child's teeth? Are you using fluoridated toothpaste?
    - *Explain:* Fluoridated toothpaste helps strengthen tooth enamel, making it more resistant to cavities. For children, their teeth are still developing, so fluoride is crucial for preventing early tooth decay. It strengthens enamel and helps reverse the early stages of tooth decay by remineralizing the enamel. For children under 3 years old, the American Dental Association (ADA) recommends using just a smear or very small "grain of rice" amount of toothpaste. For children ages 3 to 6, a pea-sized amount is perfect. It helps get the fluoride benefits without increasing the risk of accidental swallowing.
5. **Fluoride varnish in last 6 months**
    - *How to ask question:* Has your child seen a dentist in the past 6 months? If so, did they receive fluoride varnish?
    - *Explain:* Fluoride varnish is a concentrated form of fluoride that is directly applied to the teeth. It strengthens tooth enamel, making it more resistant to acid attacks from bacteria and sugary foods. By applying fluoride varnish

every six months, it helps reinforce enamel and helps reduce the risks of cavities.

6. **Mother/caregiver understands use of xylitol gum/lozenges**
    - *How to ask question:* Have you heard of xylitol gum?
    - *Explain:* Xylitol is a sugar alcohol used as a sweetener in sugar-free gum, and it's important in preventing tooth decay. When purchasing gum look at the ingredients and make sure the first ingredient is xylitol.